Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

homemakers' chat
FOR USE IN NON-COMMERCIAL BROADCASTS ONLY
U. S. DEPARTMENT OF AGRICULTURE

1.9
n3Hh

RECEIVED
SEP 22 1942
U.S. Department of Agriculture

Wednesday, Sept. 23, 1942

SUBJECT: "CABBAGE--VICTORY SPECIAL." Information from marketing specialist of the U. S. Department of Agriculture.

--ooOoo--

How often have you heard: "The time has come to talk of cabbages and kings"--but dear me, whoever would have thought the time would come when cabbages became kings? But here they are -- Kings of the vegetable Kingdom, for the Department of Agriculture has just announced cabbage will be the Victory Food Special in 28 of our North Central and Eastern Seaboard States during the period of September 28th through October 10th. This includes the New England States, New York, New Jersey, Pennsylvania, Delaware, Maryland, the Virginias, the Carolinas, Georgia, Kentucky, Ohio, Iowa, Indiana, Missouri, Illinois, Michigan, Wisconsin, Minnesota, the Dakotas and the District of Columbia. The supply of cabbage will be particularly heavy in this area during this time -- but consumers throughout the Nation are asked to eat more cabbage.

Cabbages have been grown in the United States for a good many years. In fact, as far back as 1540, the French explorer, Cartier, is said to have sown cabbages in America. Well, that was more than 400 years ago, and the cabbages are still sprouting! We are told that the Dutch brought cabbage with them from their native Holland, and that it grew splendidly in New Amsterdam. Perhaps that's why Manhattan Island was worth $24 to the Dutch! At any rate, cabbage is grown in almost every State of the Union today -- and over most of the world. Because we have such a large expanse of country, and because climatic conditions vary in the North, South, East and West, you can find cabbage on the market and in season practically every month of the year.

The kind of cabbage which can be found on most markets now is known as the Domestic type. It is the most plentiful kind in the North Central and Eastern Seaboard States, where it will be a Victory Food Special next week. There's a very special reason why homemakers are asked to serve more cabbage during this period -- the Domestic type does not store well so must be used in season. And what a waste of good food it will be if we don't make full use of this crop. Department of Agriculture scientists tell us cabbage is one of the leaf vegetables that contains a high percentage of minerals and vitamins, and when properly prepared, it is one of the most wholesome foods. Really, cabbage should be called an "All-American" food. Added to the virtues I've already named, cabbage rates as one of the lowest priced vegetables on the market.

The way the cabbage crop is shaping up it looks like a bountiful crop this year. We will have a national production of the Domestic type of cabbage during this Victory Food Special of about 400 thousand tons -- which is more than 40 thousand tons above the average. But actually, this season it looms even larger than this amount to the farmers who produce it. And here's why. A large part of this crop is usually made into sauerkraut, and sauerkraut in tin cans just isn't going to be in style for homemakers this year. Our military forces need the tin so manufacturers have been seriously restricted on canning tins for civilian foods. It has been suggested that all sauerkraut processed for civilians be put up in bulk in large wooden pails and barrels -- but the manufacturers say only small quantities are sold like this, and that homemakers prefer to buy it in tins. Well, back in grandmother's day all store-bought sauerkraut was packed in wooden barrels or pails -- and there are plenty of homemakers who still prefer it. I am willing to bet that Americans are patriotic enough to buy it in wood if they understand that it's one way to help win the war.

The real concern right now is to keep this large production of cabbage from

going to waste. When you go to markets and see the large heads of cabbage, please don't ask the grocer for smaller ones. The cabbage just grew that way this year. It will help the War effort if you will buy large heads -- cut off what you need and use it. You can keep the rest of the cabbage crisp and fresh for quite awhile by wrapping a slightly damp cloth around it and putting it in the refrigerator. And don't worry about getting tired of cabbage. You can use it in so many different dishes.

A very common mistake in preparing cabbage is to cook it too long. It only needs a few minutes. You lose the sweet, fresh taste and some food value by long cooking.

If you don't want to lose any of the food value of cabbage, serve it raw. Cold slaw made with a homemade dressing is one of those dishes that fits into many menus. You can mix cabbage with other vegetables or fruits for delicious salad. Or you can mold this cabbage mixture in gelatin for a molded salad. Cheese served with these salads adds taste -- and food value as well as the variety everyone likes.

Here's another way you may help conserve this large crop of cabbage -- if you live in a locality where it is plentiful. Why not put up some sauerkraut for your winter larder? Several large heads will make an ample supply -- and think of all the good dishes you may prepare when the chill winds of winter come along -- sauerkraut with frankfurters -- or pot roast -- or spareribs!

Putting up sauerkraut is really very easy. The Bureau of Home Economics tells us kraut is simply cabbage which has cured in its own juice, with salt added. The salt draws the juice and sugar out and then fermentation starts. Let the kraut stand for 2 to 3 days until there is a good gas formation. Then pour the juice back and seal the jars. Allow the kraut to ripen for a month of 6 weeks before serving. But for a good wartime menu -- during this Victory Food Special period -- September 28th through October 10th -- let's all plan a few extra dishes for the family <u>using cabbage</u>. It's fun to have a laugh on ourselves once in a while and what could be more fun than planning a Dinty Moore dinner -- cabbage and corned beef! If your grocer hasn't fresh corned beef -- ask him to suggest another meat which you can use instead. There are many cuts of meat which you can cook with cabbage -- the ones not needed so badly for our military men -- fighting for freedom.

######